WRITE FOR RIGHTS

AMNESTY INTERNATIONAL

MARWA ARAFA

EGYPT



TARGETED FOR SUPPORTING FAMILIES OF DETAINEES

Index: MDE 12/1066/2026

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MARWA ARAFA

EGYPT



Marwa Arafa is a 33-year-old Egyptian human rights activist, translator and mother arbitrarily detained for over six years solely because of her peaceful activism. Marwa dedicated herself to supporting families of people detained for political reasons, as well as children who had been detained themselves. Sadly, her own daughter is now growing up without her after Marwa was arrested in front of her at just two years old. Her daughter, now aged 8, continues to struggle deeply with the separation.

Marwa is being punished for showing solidarity with detainees, speaking out against abuses facing children and helping families with the costs of prison visits. In April 2020, Egyptian security forces raided her friend's home, where Marwa was staying, and forcibly disappeared her for two weeks. She was later charged with unfounded terrorism-related offences. She now faces an unfair trial on charges that can carry life imprisonment.

Marwa's health has seriously deteriorated in prison, where she has been denied adequate healthcare. Marwa's situation highlights the abuse of terrorism laws in Egypt to target peaceful dissidents, human rights defenders and anyone seen as criticizing those in power. Marwa continues to hold onto hope, drawing strength from her love for her daughter and her belief in justice.

Call for Marwa Arafa's immediate and unconditional release and the dropping of all charges against her, as she is detained solely for exercising her human rights.

WRITE TO THE PRESIDENT OF EGYPT

Demand the immediate and unconditional release of Marwa Arafa, as she is detained solely for exercising her human rights.

ADDRESS: President of Egypt
Office of the President
Al-Ittihadiya Palace
Al Nadi, El-Montaza, Heliopolis
Cairo Governorate 4460210
EGYPT

You can also send your appeals to the Egyptian embassy or diplomatic mission in your country.

SALUTATION: Your Excellency

EMAIL: p.spokesman@op.gov.eg
X: @AlsisiOfficial
FACEBOOK: www.facebook.com/AlSisiofficial
HASHTAGS: #FreeMarwaArafa, #Egypt, #W4R26

SEND MARWA MESSAGES OF HOPE AND SOLIDARITY TO REMIND HER SHE IS NOT ALONE

You can also draw Marwa reunited with her daughter and mother after her release, celebrating the freedom and family life she has been denied for so many years.

Please send solidarity letters/cards to your local Amnesty office. If there is no Amnesty office in your country, please send them to:

ADDRESS: Marwa Arafa
Amnesty International Austria
Lerchenfelder Gürtel 43/4/3
1160 Wien
Austria

FACEBOOK: www.facebook.com/FreeMarwaArafa
HASHTAGS: #FreeMarwaArafa, #Egypt, #W4R26

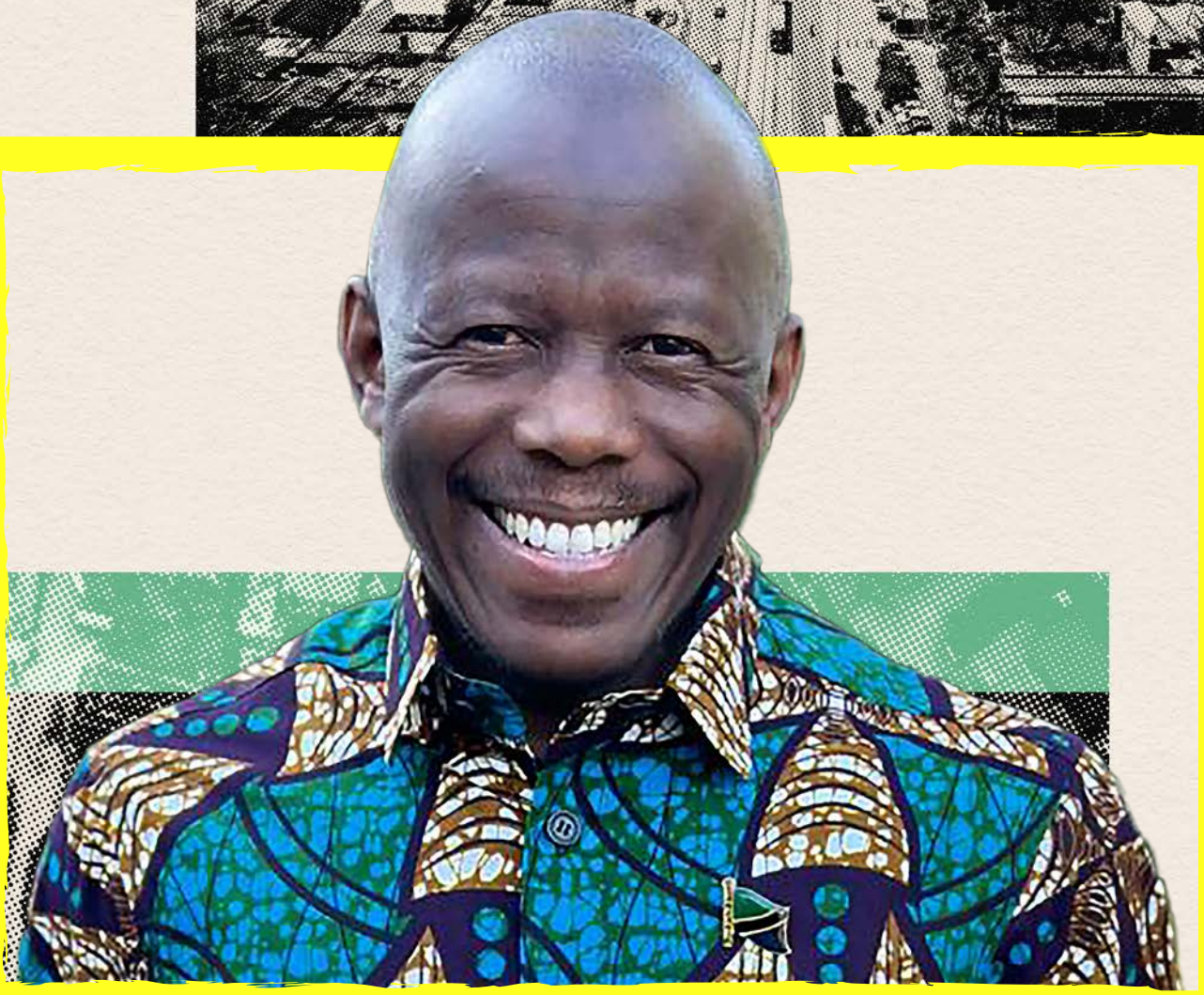
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AMNESTY INTERNATIONAL

HUMPHREY POLEPOLE

TANZANIA

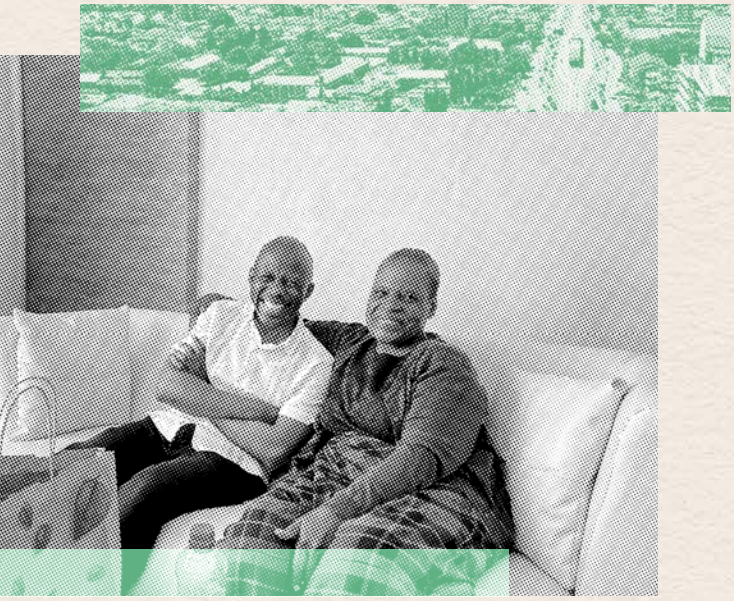


FORMER DIPLOMAT AND GOVERNMENT CRITIC FORCIBLY DISAPPEARED

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HUMPHREY POLEPOLE

TANZANIA



On 6 October 2025, Humphrey Polepole – a former diplomat and government critic – was abducted from his home in Dar es Salaam, Tanzania, by unidentified state security agents. His family found the front door broken and a significant amount of blood at the scene.

Humphrey's family and friends have been unable to reach him since. His mother frequently walks around her home crying and calling out "Humphrey, where are you, where are you?"

Humphrey appears to have been targeted because he is an outspoken government critic, having criticized President Samia Suluhu Hassan and the ruling party for restrictions on civic space, crackdowns on human rights, and attacks on political opposition members.

Humphrey is an active and loving member of his community. In his free time, he supports vulnerable people, regularly visiting orphanages and organizing seminars for the youth on political participation. His family – including his elderly mother, who he cares for, and beloved dog, Fighter – miss him dearly. He should be at home with them.

His enforced disappearance – a crime under international law – is an example of the Tanzanian authorities' use of authoritarian practices employed to punish and silence dissenting voices.

Call on the Tanzanian authorities to immediately disclose Humphrey's fate and whereabouts.

WRITE TO THE PRESIDENT OF TANZANIA

Demand that she orders the disclosure of Humphrey Polepole's fate and whereabouts and, if detained, his immediate release.

ADDRESS: President of Tanzania
Office of the President
PO box 1102
1 Julius Nyerere Road
Chamwino
40400 Dodoma
TANZANIA

SALUTATION: Dear President

EMAIL: cs@gov.go.tz
X: @SuluhuSamia
HASHTAGS: #WhereIsHumphreyPolepole, #FreeHumphreyPolepole, #JusticeForPolepole, #W4R26

STAND WITH HUMPHREY POLEPOLE'S FAMILY AS THEY DEMAND ANSWERS

Send Humphrey's family messages of hope and support. Let them know that they are not alone in wanting Humphrey to be returned safely to them. "Mapambano lazima yaendelee mpaka ushindi upatikane" loosely translates to: "The struggle must continue until victory." Humphrey liked this famous Che Guevara phrase. You can include this quote in your messages.

ADDRESS: Humphrey Polepole's family
Amnesty International Austria
Lerchenfelder Gürtel 43/4/3
1160 Wien
Austria

HASHTAGS: #WeStandWithHumphrey, #SolidarityForPolepole, #StandStrongPolepole, #YouAreNotAloneHumphrey, #W4R26

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AMNESTY INTERNATIONAL

OWEN CHOW

HONG KONG



HE STOOD UP FOR DEMOCRACY NOW HE'S IMPRISONED

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OWEN CHOW

HONG KONG



Described by friends as adventurous and philosophical, Owen Chow studied nursing and is a practicing Tibetan Buddhist who has always wanted a dog.

At the age of 15, Owen joined his first pro-democracy march. He stepped into public life hoping to serve the underprivileged and build a fairer society. But speaking up has become dangerous in Hong Kong.

In 2020, Beijing imposed a draconian national security law on Hong Kong. As a result, the city has seen political opposition crushed, independent media silenced, and civil society organizations shut down.

Despite the risks, Owen fearlessly stood in unofficial "primaries" aimed at selecting candidates for upcoming elections when he was 23. In response, the authorities accused Owen and 46 others of conspiracy to commit subversion.

In 2021, Owen was arrested, and by 2024 sentenced to more than 12 years in prison. He may not be released until 2032 and has already spent at least three years in solitary confinement.

Owen's story is one of many in Hong Kong. A city once known for open debate is now gripped by fear. People who once took for granted their right to speak up now no longer feel free to exercise their freedom.

Call on Hong Kong authorities to immediately and unconditionally release Owen.

WRITE TO THE CHIEF EXECUTIVE OF THE HONG KONG SPECIAL ADMINISTRATIVE REGION

Demand that Hong Kong authorities immediately and unconditionally release Owen Chow.

ADDRESS: Chief Executive's Office
Tamar
HONG KONG

SALUTATION: Dear Chief Executive

EMAIL: ceo@ceo.gov.hk,
enquiry@1835500.gov.hk
FACEBOOK: www.facebook.com/johnleekachiu
INSTAGRAM: 李家超 John KC Lee
HASHTAGS: #FreeOwenChow, #W4R26

SHOW OWEN CHOW THAT YOU SUPPORT HIM

Send your creative messages of support to show Owen Chow that he is not alone. Share your favourite philosophical quotes, travel memories or pictures of nature – or dogs!

ADDRESS: Owen Chow
Amnesty International Austria
Lerchenfelder Gürtel 43/4/3
1160 Wien
Austria



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